

# **Hertsmere Academy of Dance & Performing Arts**

## **Acro-Dance: Certificate of Understanding & Express Assumption of Risk**

To ensure a student's safety & get the best experience from their session, please carefully read & sign. These rules are written for parents/members attending Acro-Dance & coincide with our T&C. For under 18 years, parents/guardians are responsible for ensuring their child adheres to these rules & should ask any questions prior to participation.

### **Correct attire in the gym is essential for safety:**

- 1.** Our Acro uniform must be purchased from our Dancestore & worn within 4 lessons or participants will not be allowed to take part. Dangerous items such as baggy clothes, jeans & hooded tops are prohibited.
- 2.** Socks & shoes are prohibited in class. If a member has a medical condition then with the teacher's permission a gym sock, sticky soled sock or suitable alternative may be worn.
- 3.** All Jewellery, watches/wristbands are prohibited. Artificial nails are prohibited & nails must be kept a reasonable length so as not to risk injury or damage to staff, members & equipment. Secure fitting, shatter-proof glasses can be worn.
- 4.** All hair must be safely tied back. Long hair preferably in a bun to not hinder the student or teacher.
- 5.** The gym should remain a clean & safe place for learning. Outer-gear can be left in the teacher's specified area, valuables must be left at home & mobile phones switched off.

### **Conduct:**

- 1.** Arrive on time (to ensure a warm-up), go to the toilet & wait for the teacher to admit participants.
- 2.** Secure water bottles are allowed but food & chewing gum are prohibited.
- 3.** Inform the teacher of any illness or injury immediately. All medical conditions, SEND & emergency details must be entered on the enrolment form and updated whenever there is any change.
- 4.** Participants must respect & listen carefully to all instructions & endeavour to complete whatever is asked of them to the best of their ability. Treatment of all equipment is with respect & only used with the teacher's permission. Teachers should be advised immediately of any injury or issue. Participants should be good diplomats for HADAPA. They should encourage others, be polite, patient & wait for their turn. Never use bad language & understand that no form of bullying or harassment, physical or verbal, will be tolerated. If the teacher believes a participant is a danger to themselves or others because they are not following instructions, they will be removed from class immediately. Should the behaviour of a participant result in 3 warnings (which will be documented & discussed with the parent/guardian), it may lead to immediate class withdrawal for the benefit of others, no refunds given.